



Hut-to-Hut in the Dolomites

August 24, 2012 - September 8, 2012



A typical Dolomites setting

OVERVIEW

Join us in an unforgettable trek through the Dolomites, the northeastern Italian alpine region that borders on Austria. This region, chosen as a UNESCO Heritage site, is in the words of John Murray (1840) “unlike any other mountains and are to be seen nowhere else among the Alps. They arrest the attention by the singularity and picturesqueness of their forms, by their sharp peaks or horns, sometimes rising in pinnacles and obelisks, at others extending in serrated ridges teathed like the jaw of an alligator.” These mountains are surrounded sometimes by stark moonscapes and at other times by vast expanses of alpine meadows and forests.

Fortunately for our enjoyment of this region there are also many rifugi located a day’s hike apart that, similar to the AMC hut system in the White Mountains, provide meals and lodging for their visitors.



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Rifugio Pisciadu, one of the places we will stay

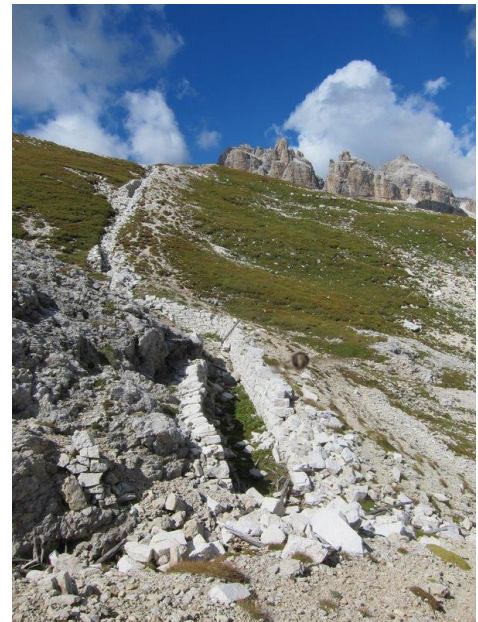


An example of the type of spectacular rock formations we will see.

Besides the dramatic panoramas that will surround us every day, we will often be presented with historical remnants of World War I. This region of Italy is predominantly German speaking because it was part of the Austrian empire for over four hundred years. The Dolomites were the frontline between Austrian and Italian troops throughout that war. Remains of barracks, trenches, outlooks, etc are visible in many places.



A World War I fortification carved into solid rock.



A World War I trench

Trip co-leader Steve Cohen spent two weeks in September, 2011 hiking and rock climbing in the Dolomites. Additional photographs of the Dolomite region can be reached through the following link:

picasaweb.google.com/scohen1234/Dolomites_Presentation?authuser=0&authkey=Gv1sRgCOzvvqvan4Cl5AE&feat=directlink

TRIP ITINERARY

Our travels will take us along the Alta Via II, one of the classic routes through the Dolomites. We will start our adventure at dinner time in the historic town of Bressanone and end fourteen days later with a farewell lunch in Feltre. Below is a day by day summary of the trek:

Date	Day	Book time (hours)	Distance (km)	Elevation gain (m)	Elevation loss (m)	Lodging	Notes
8/24	Friday					Fly to Europe (if coming direct)	1
8/25	Saturday					Jugendherberge (Bressanone)	2
8/26	Sunday	5.5	11	1,900		R.Citta di Bressanone	3
8/27	Monday	4	13	610	760	R. Genova	
8/28	Tuesday	5	12	820	645	R. Puez	
8/29	Wednesday	5	9	660	550	R. Pisciadu	
8/30	Thursday	6.5	14.5	710	1,250	R. Castiglioni	
8/31	Friday	2	6			Hotel Tyrolia	2,4
9/1	Saturday	7	15.5	1,110	574	R. Albergo Miralago	
9/2	Sunday	5.2	13	1,346	708	R. Mulaz	
9/3	Monday	4.3	8	860	850	R. Rosetta	
9/4	Tuesday	6.2	14	820	1,770	R. Treviso	
9/5	Wednesday	4.5	9	1,100	1,370	R. Passo Cereda	
9/6	Thursday	7.3	14	1,060	700	R. Boz	
9/7	Friday	6	15	870	600	R. Dal Piaz	
9/8	Saturday	1.5	6	0	980	Trip ends	
9/9	Sunday					Return to US	
Total			160 km	11,866 m	11,423 m		
Total			99.4 mi	38,930 ft	37,477 ft		
Average trail day			7.6 mi	2,995 ft	2,883 ft		5

Notes:

1. We will be using the guide book "Trekking in the Dolomites" a Cicerone Guide by Gillian Price published in 2011.

2. Locations that have stores where lunches and trail snacks can be purchased. Note that there are only two along the entire route. Alternatively the rifugi where we stay will be happy to pack a lunch for you at modest cost.
3. The elevation gain of 1,900m (6200') is very high for the first day of the trek. Fortunately there is a mid-day option to cut it in half by taking a gondola up the last 3,000'.
4. Rest day. Within a cable ride is an extensive World War I site and museum.
5. Averages are calculated based on 13 trail days. We actually have 12 full days and 2 others of no more than a couple of hours.
6. The leaders reserve the right to change the itinerary for reasons such as weather, trail conditions, availability of accommodations, group preference, etc.

A typical day will have us waking up at 6:30AM and on the trail by 8:00AM. We may pass other rifugi along the way and indulge in homemade strudel as a lunch time snack. We aim to arrive at our destination by 3-4PM each afternoon. Almost all rifugi have showers and all serve beer or wine. Dinner is at 6:30 or 7:00PM. The cuisine is not unexpectedly more German than Italian given that more than 50% of the population speaks German as their mother tongue. Most people are in bed by 9-10PM.

PARTICIPANT PROFILE

This is a strenuous hike geared towards the outdoors adventurer. Since breakfast, dinner and lodging are provided we will be traveling light, with backpacks in the range of twenty to twenty-five (max!) pounds fully loaded. The average day is seven miles long with a gain/loss of 850m (2,800'). Some days we will climb/descend up to 1,900m (6,200') and traverse up to 15.5KM (~10 miles). You should have at least intermediate to advanced hiking skills. While no technical climbing is required, there are areas with narrow trails bordered by steep drop-offs. We may use ladders bolted to the mountain side for short ascents of steep terrain. For more specific information about the kind of experience we are looking for, please read about the Experience and Risks below.

ACCOMMODATIONS

We will spend every night in either hostels or rifugi. Blankets and pillows will be provided. Participants must bring a sleeping bag liner (a.k.a. sleep sack) to be used instead of sheets. Accommodations are typically in a bunkroom with 4 to 10 persons.

COST

The trip cost is \$1950 for AMC members. Non-members can join for \$50, and get the same price. This will cover the following items:

- Lodging, breakfasts and dinners from the welcome dinner in Bressanone to the farewell lunch in Feltre.
- Bus fare from Croce d'Aune to Feltre
- AMC major excursion fee
- Emergency medical and evacuation insurance coverage

All lunches, trail snacks, alcohol, cable/gondola rides, and other personal expenses are NOT included.

Your transportation to Italy and back is your responsibility. Convenient airports include Munich, Venice and Verona. The trip leaders will advise you as much as you need and will facilitate group travel. A particularly attractive way of traveling is via Verona because there are excellent train connections to both Bressanone at the trip's beginning and Feltre at the end. Of course it is also a spectacularly beautiful Italian town in its own right! At this time, we estimate that the cost for a non-stop round trip ticket between the East Coast and Europe will be in the vicinity of \$1100 - \$1300. You may wish to consider arriving a day ahead of time to ease the adjustment to European time.

The final trip cost will be adjusted in accordance with the best final arrangements we can make and currency fluctuations. Any savings we achieve, as well as any cost increases, will be passed back to you. Our cost estimates are conservative, and so a refund is considerably more likely than a price increase.



Trekking through the Dolomites

Please be aware that, in accordance with AMC policy, you are subsidizing the leaders' costs. The subsidy from each participant is limited to 20% of one leader's costs. Beyond this, the leaders are not allowed to realize any profit from this excursion. The trip price also includes an AMC overhead fee to cover the administrative expenses of offering Major Excursions, including the trip's publication in *AMC Outdoors* for several months. The AMC overhead fee is 20% of land costs; air travel is not included in the calculation.

The trip fee includes emergency medical and evacuation insurance coverage, which is required by the AMC. It does *not* include insurance for travel delay, interruption, or cancellation, or for baggage loss. If the possibility of such problems concerns you, individual travel insurance is suggested. The AMC has a recommended vendor whose material will be sent to you if your application is accepted.

Any unspent funds will be refunded to the participants. If the trip's financial position is strong enough at the start, the leaders may make partial refunds during the trip, in the

form of payments toward some meals and/or free time activities which would otherwise not be included.

REGISTRATION and CANCELLATION

To apply, you must request, complete, and submit the Application, Confidential Medical form, and Acknowledgement and Assumption of Risk and Release form (all available on request), enclosing a registration deposit of \$500. You will not actually be accepted, and your check will not be deposited, until the leaders have determined by telephone conversation with you that you and the trip seem to be a good match. A second payment of \$500 is due two weeks after your acceptance. The final balance of \$950 is due July 1, 2012. Deposit checks from wait-listed applicants will not be cashed until we accept them AND they confirm continued interest. Please make payments by check payable to the *Appalachian Mountain Club*.

Our cancellation policy is based on several considerations. Cancellation will not be allowed to raise the cost to the other participants or to the leaders. Published minimum penalty schedule: zero before February 2012, \$200 in February-April, and \$400 after April 2012. If actual costs (expenses already incurred on your behalf, and any unavoidable future expenses that will be incurred as a result of your registration and cancellation) are higher, they will be assessed instead, unless they can be applied toward another acceptable participant.

We expect a group size of 12 people, including the 2 leaders. This trip is likely to fill quickly. If you are interested, you should apply as soon as possible. When registration is complete, we will send all participants the names, addresses, and phone numbers of all those going on the trip.

We are good communicators and will try very hard to keep everyone well informed. We will be using email as our primary source of communication.

In the unlikely event that the trip is cancelled because not enough acceptable participants apply, everything you have paid will be refunded in full.

EXPERIENCE and RISKS

Climbing high mountain passes is physically very demanding. Most of our travels will be between 6,000 and 10,000 feet. Although these elevations should not be high enough for properly conditioned people to contract acute mountain sickness (AMS), the combination of physical exertion and slightly lower oxygen levels require that we pace ourselves and pay attention to proper nutrition and hydration. People wishing to participate in this trip must have previous backpacking experience, at the intermediate level or higher. Several of the days are long (up to 10 miles) and strenuous. You need to be prepared to commit yourself to keeping in shape between the time you sign up for the trip to the time you depart on it.

When you participate in this activity, you should be prepared both physically and mentally, and equipped with the appropriate gear. You should always be aware of the risks involved and conduct yourself accordingly. We are not responsible for your safety; you are. Prior to your being accepted as a participant in this trip, you will be asked to

discuss your capabilities and experience with us. Please do not be offended by our questions.

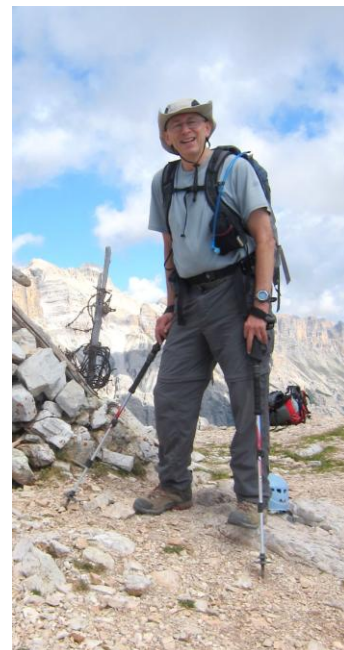
The weather is likely to be temperate and sunny, although there is always a possibility of some precipitation. That said, mountain climate is unpredictable and can range from 25 to 75 degrees. Snow can fall in every month of the year.

QUESTIONS and REQUESTING APPLICATION MATERIALS

If you have any questions, please feel free to contact us. We prefer to handle your questions by phone unless you think the answer is likely to be straightforward. Certainly e-mail works well for requesting application materials. The contact information is immediately below, with the leader biographies.

TRIP LEADERS

John Lisker is a three season leader with the Hiking/Backpacking Committee of the AMC Boston Chapter. He is also the current Chapter Ombudsman and the immediate past Chapter Chair. He has been leading Boston Chapter hiking trips (about 4 per year, mostly day hikes) since 1992. He has led or co-led eleven previous AMC Adventure Travel expeditions, including a Tour du Mont Blanc hut trek (2008), 2 New Zealand trips with multiple hut treks (2007 and 2010), a fully supported trek in Morocco (2009), a hiking and culture trip in Crete (1999), and conventional backpacks in California (1996 and 2011), the Canadian Rockies (2010), Colorado (1997 and 1999), and Wyoming (1998). John can be reached at 617-244-1636 and john.lisker@juno.com.



Steve Cohen leads three season hikes for the Hiking/Backpacking Committee of the AMC Boston Chapter. He has been a participant on many major excursions in the last seven years including trips to Alaska, the Smoky Mountains, Maroon Bells (near Aspen, CO), Grand Tetons/Yellowstone, Tour du Mont Blanc, Escalante Canyons (Utah), etc. In 2010 he organized and led a 14 day non-AMC trek along the Haute Route from Chamonix, France to Zermatt, Switzerland. He lived in Europe for four years and has a good command of both French and German languages. In September, 2011 Steve spent two weeks in the Dolomites hiking and rock climbing. Steve can be reached at 617 641-9954 or scohen1234@gmail.com.

EQUIPMENT LIST

Below is a list of the required and recommended gear for the trip, as well as a list of items which some people will bring and share.

Required and Essential Gear

- broken-in waterproof hiking boots
- at least 2-3 set of hiking socks with liners
- non-cotton shorts (or long pants if you prefer) and shirt for hiking
- backpack (aim for 35 liter)
- sleeping bag liner (a.k.a sleep sack)
- waterproof wind and rain gear (tops and bottoms)
- wool sweater, or synthetic pile/fleece jacket
- long underwear top and bottom
- hat for warmth, and gloves or mittens
- polypropylene, Coolmax, Bergelene or other synthetic extra layer clothing
- sunglasses
- hat or bandanna for sun protection
- sunscreen
- Tevas, Crocs or other sandals (to wear in rifugi, which do NOT permit the wearing of hiking boots outside of the public areas)
- headlamp or flashlight with fresh batteries
- unbreakable bottles or hydration bladder (at least 2 liters total capacity)
- waterproof pack liner and/or pack cover
- high-energy trail snacks
- toiletry kit (many rifugi do not supply soap or shampoo)
- camp towel (many, but not all rifugi supply towels)
- ear plugs

Optional Gear

- casual clothing for use in a rifugio
- personal first aid kit (leaders will have group first aid kits)
- gaiters (for rain)
- hiking poles
- whistle
- knife
- camera

Join us on this great adventure in one of the world's most spectacular mountain regions!